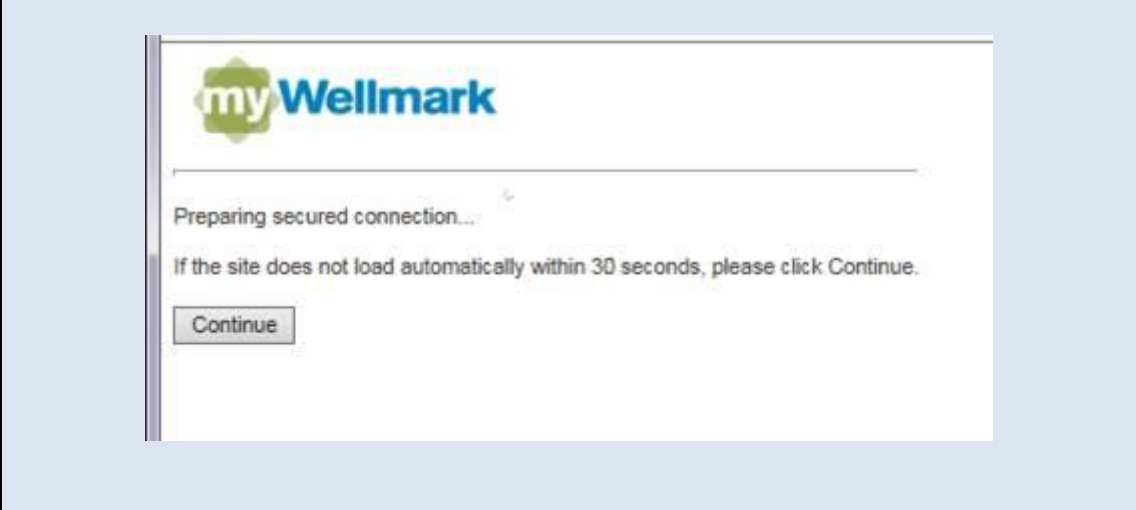
 The image shows the Wellmark website homepage. At the top, there is a navigation bar with the Wellmark logo on the left and links for 'Contact Us', 'Search Wellmark', and 'Go'. Below the navigation bar, there are four tabs: 'FIND A PLAN', 'HEALTH & WELLNESS', 'ABOUT WELLMARK', and 'Member'. The 'Member' tab is selected. Below the tabs, there is a large banner with the text 'Find the health insurance plan that's right for you.' and a button that says 'Get an instant FREE QUOTE'. To the right of the banner, there is a 'Log in' section with fields for 'User ID' and 'Password', a 'LOG IN' button, and a link for 'Forgot user ID and password?'. The 'Log in' section is highlighted with a red box.	<ol style="list-style-type: none"><li>1. Go to <a href="http://www.wellmark.com">http://www.wellmark.com</a>.</li><li>2. Enter your User ID and Password.</li><li>3. Click on the "Log In" button.</li></ol>
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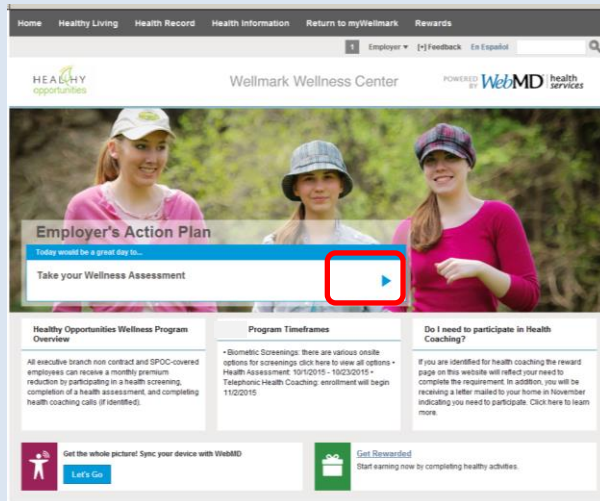
 The image shows the 'myWellmark' login screen. At the top, there is the 'myWellmark' logo. Below the logo, there is a progress bar and the text 'Preparing secured connection...'. Below this, there is a message: 'If the site does not load automatically within 30 seconds, please click Continue.' and a 'Continue' button.	<ol style="list-style-type: none"><li>4. <b>WAIT.</b> Do <b>NOT</b> click 'Continue' right away. The site is establishing a secure connection.</li></ol>
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The screenshot shows the myWellmark website interface. At the top, there is a header with the myWellmark logo, customer service contact information (800-892-2397), and links for Frequently Asked Questions, Glossary, Secure Site, and Logout. Below the header is a banner with a tree image and the text "Tanya, welcome to your personal health site." A navigation bar contains links for HOME, CLAIMS & SPENDING, MY BENEFITS, PRESCRIPTION DRUGS, MY HEALTH, CONTACT US, MESSAGES, and MY ACCOUNT. The main content area is divided into three columns. The left column is titled "WELLNESS CENTER" and contains a description of the center, a list of services (Wellness Assessment, Health Topics, Trackers), and a photo of a woman. A red box highlights the "Visit the Wellness Center" button. The middle column is titled "MESSAGE CENTER" and contains tabs for Announcements and Replies to Your Questions, a search bar, and a message status indicator. The right column is titled "MY FLEX SPENDING ACCOUNT" and contains tabs for Current Year, Previous Year, and Account Tools, along with a balance display and a "Show my Primary Care Physician Information" link.

5.  
Click on “Visit the Wellness Center.”

The screenshot shows the WebMD website interface. At the top, there is a header with the WebMD logo. Below the header is a banner with the text "Preparing secured connection..." and "If the site does not load automatically within 30 seconds, please click Continue." A "Continue" button is visible below the text.

6.  
**WAIT.** Do **NOT** click  
‘Continue’ right away.  
You are now at the  
WebMD.



7.

Click on the “Take the Wellness Assessment” tab.

If you do not see a prompt to complete the Wellness Assessment, click on the Healthy Living tab in the top navigation and choose “Wellness Assessment” from the list of options.

## Your Health Score

**50** Completed 9/28/15  
[Update Score](#)  
[Learn more about your score](#)

## How do you compare?

**60** Is the average score for other women in their 40s

## Highest Risk Areas

Areas that could use improvement

Stress Exercise Nutrition

What to do next, Employer Feeling inspired to make changes? We're here to give you personal guidance!



We asked and you told us — you're ready to make some changes in this key area:

**Set your goal to Conquer Stress**

**Let's Go!**

[Learn more about your health benefits](#)

For more information on your health benefits, contact the customer service phone number located on the back of your Wellmark ID card.

[Learn more about programs and services](#)

## Employer's Modifiable Risk Reports

High Risk Medium Risk Low Risk Unknown Risk

**Stress**

## Health Coaching Enrollment

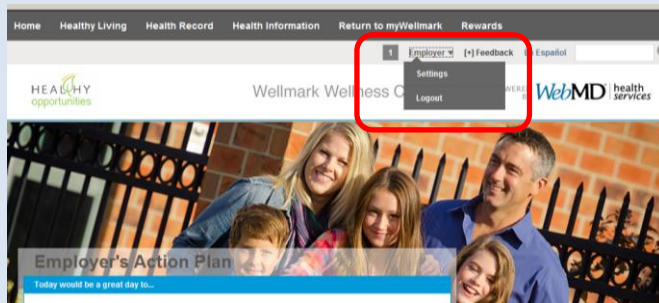
Health coaching enrollment will take place in early November. Individuals who are identified to participate in the telephonic health coaching program will be contacted via e-mail from the Wellmark Wellness Center. A letter will also be mailed to the homes of these individuals. Health coaching participants will again be required to complete 6 calls with a WebMD health coach by June 30, 2016.

8.

When you complete the questionnaire, you will see a screen similar to this. It will provide you your score and will indicate that you've completed your assessment.

## Health Coaching

Individuals identified to participate in the telephonic health coaching will be **contacted via email from the Wellmark Wellness Center. Also, a letter will be mailed to the homes of these individuals.**



9.

Once in the Wellmark Wellness Center powered by WebMD, hover over your name on the top of the page and click “settings”. Within settings, review your e-mail address to ensure it is still accurate. If updates are needed, make the edits and click “save” before returning to the home page.